

## Highland Council Asset Transfer Request Approach Asset Transfer Request Form

This is an asset transfer request made under Part 5 of the Community Empowerment (Scotland) Act 2015.

### Section 1: Information about the community transfer body (CTB) making the request

1.1 Name of the CTB making the asset transfer request

Multiple Sclerosis Therapy Centre – Wick

1.2 CTB address. This should be the registered address, if you have one.

Postal address:

37 Smith Terrace

Wick

Postcode:KW1 5HD

1.3 Contact details. Please provide the name and contact address to which correspondence in relation to this asset transfer request should be sent.

Contact name:

Postal address:

Main Street,

Postcode:

Email:

Telephone:

We agree that correspondence in relation to this asset transfer request may be sent by email to the email address given above. *(Please tick to indicate agreement)*

*You can ask the relevant authority to stop sending correspondence by email, or change the email address, by telling them at any time, as long as 5 working days' notice is given.*

1.4 Please mark an "X" in the relevant box to confirm the type of CTB and its official number, if it has one.

	Company, and its company number is .....SC116419	
	Scottish Charitable Incorporated Organisation (SCIO), and its charity number is SCOO2831.....	x
	Community Benefit Society (BenCom), and its registered number is .....	
	Unincorporated organisation (no number)	

**Please attach a copy of the CTB's constitution, articles of association or registered rules.**

1.5 Has the organisation been individually designated as a community transfer body by the Scottish Ministers?

No

Yes

Please give the title and date of the designation order:

N/A
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1.6 Does the organisation fall within a class of bodies which has been designated as community transfer bodies by the Scottish Ministers?

No

**Yes**

If yes what class of bodies does it fall within?

N/A

## Section 2: Information about the asset requested

2.1 Please identify the asset - land or building(s) - which this asset transfer request relates.

*You should provide a street address or grid reference and any name by which the land or building is known. If you have identified the land on the relevant authority's register of land, please enter the details listed there.*

*It may be helpful to provide one or more maps or drawings to show the boundaries of the land requested. If you are requesting part of a piece of land, you must attach a map and full description of the boundaries of the area to which your request relates. If you are requesting part of a building, please make clear what area you require. a drawing may be helpful.*

The building is on land owned by Highland Council and is held on the Care and Learning Account. It was constructed in 1950 by the former Town Council and was known as the Old Mans Rest. It overlooks the Harbour and has been leased to the Friends of ARMs (MS Therapy Centre Wick)) since 1992. Mike Dolan of the Council development and Infrastructure Service has been working on a new lease to MS Therapy Centre Wick (ref HC 03529)

2.2 Please provide the UPRN (Unique Property Reference Number), if known.

*This should be given in the relevant authority's register of land*

UPRN:HC 03529

### Section 3: Type of request, payment and conditions

3.1 Please tick what type of request is being made:

for ownership (under section 79(2)(a)) - go to section 3A

for lease (under section 79(2)(b)(i)) – go to section 3B

for other rights (section 79(2)(b)(ii)) - go to section 3C

#### **3A – Request for ownership**

What price are you prepared to pay for the asset requested? :

Proposed price: £Nil consideration. The property is a single skin concrete block construction and the council has not invested in it since ARMS have held the Lease. It is in dire need of refurbishment and any value is negated in full by the investment required. If ARMS were to purchase this liability, we would expect the following conditions to apply;

1. A full Structural survey to be undertaken at the Councils expense with the transfer of ownership being subject to the building being transferred free of any structural defects.
2. The Council to provide architects drawings to Building Warrant Standard allowing for the full renovation of the Building to modern standards at no cost to ARMS (MS Therapy Centre Wick)
3. The Council to provide ARMS advice and administrative support in applying for third party funding to fund the work required to bring the building up to modern standards
4. The Council to grant or arrange for there to be granted all rights of access required for the efficient operation of the building for the purposes of ARMS as detailed within the Constitution attached.

5. The Council to put all access routes from the Public Road into a good and substantial repair.

Please attach a note setting out any other terms and conditions you wish to apply to the request.

### **3B – Request for lease N/A**

What is the length of lease you are requesting?

How much rent are you prepared to pay? Please make clear whether this is per year or per month.

Proposed rent: £                      per

Please attach a note setting out any other terms and conditions you wish to be included in the lease, or to apply to the request in any other way.

### 3C – Request for other rights

What are the rights you are requesting?

As stated in 3A above

Do you propose to make any payment for these rights?

Yes

No

If yes, how much are you prepared to pay? Please make clear what period this would cover, for example per week, per month, per day?

Proposed payment: £                      per

Please attach a note setting out any other terms and conditions you wish to apply to the request.

## Section 4: Community Proposal

4.1 Please set out the reasons for making the request and how the land or building will be used.

*This should explain the objectives of your project, why there is a need for it, any development or changes you plan to make to the land or building, and any activities that will take place there.*

ARMS ( MS Therapy Centre Wick) has been in existence for over 40 years as an essential place for relieving sufferers of Multiple Sclerosis within the North of Scotland. Since being located at the former Old Mans Rest in Wick, we have managed to keep the Hyperbaric Chamber in operation and the building maintained at no cost to the Council. The Treatment of other medical conditions has now been proven to be relieved by the use of the Hyperbaric Chamber (Hyperbaric Oxygen Treatment - HBOT).

*HBOT has been used to successfully treat or manage a wide range of illnesses, injuries and diseases. Below are just some of the benefits every HBOT patient receives.*

### ***Hyperbaric oxygen therapy:***

- Reduces swelling and inflammation*
- Helps your body eliminate waste and toxins*
- Promotes new blood vessel growth (angiogenesis)*
- Increases your body's ability to fight infection and illness*
- Delivers necessary oxygen to deprived areas of the body and the brain*

***More about the benefits of hyperbaric oxygen therapy***



**How oxygen-saturation fights infection:** *When the fluids and tissues inside the body are saturated in oxygen, the body is no longer an ideal environment for anaerobic bacteria to thrive and cause infection.*

*HBOT directly kills anaerobes and enhances the ability of white blood cells to destroy bacteria and fungi.*

**Increased oxygen levels and blood flow:** *Through HBOT induced vasoconstriction and hyper-oxygenation, edema is reduced and the plasma-oxygen concentration is increased by 10-15 times the usual amount.*

*HBOT allows oxygen to provide immediate support to areas with restricted blood-flow.*

**HBOT and toxic gases:** *By immersing the patient's tissues in oxygen while under pressure, toxic gases like carbon monoxide are forced out.*

*HBOT reduces the damage done by toxic gases.*

**Vasoconstriction:** *HBOT causes vasoconstriction without depriving the injured tissue of oxygen. This action helps to manage intermediate compartment syndrome, reduce edema in grafted tissue, and reduce inflammation.*

*HBOT speeds the healing of burns, wounds and traumatic injury.*

**Neovascularization:** *Neovascularization is the growth of new blood vessels. HBOT creates the ideal conditions for new growth to occur because oxygen encourages collagen to form as the foundation for new blood vessels. Also, HBOT stimulates new tissue growth in damaged tissue, refractory osteomyelitis, and chronic ulcerations in soft tissue.*

*HBOT aids in growth of new blood vessels and stimulates new tissue growth*

**Pressure Relationship:** *According to Boyle's Law, pressure and gas are inversely related. As the pressure on the body increases, the volume of gas within the body decreases. This reaction allows otherwise trapped gas bubbles to circulate. At the very least, these bubbles are allowed to travel into a lesser blood vessel which minimizes damage.*

*HBOT releases toxic gases and reduces their damage.*

**Neurological function:** *Recent scientific evidence has shown that HBOT stimulates blood flow, metabolism, and tissue growth in patients with brain injuries. The treatment reawakens dormant neurons that are alive but not functioning around the injured tissue.*

*HBOT improves recovery from brain injury by stimulating sleeping neurons.*

All this has been achieved at no cost to the Council or the NHS. ARMS is acting to prevent the conditions above from becoming acute and so is relieving pressure on both the Council and NHS Highland. The amount of expenditure saved is incalculable, this is apart from the benefits to the community of clients being treated and so being able were possible, to keep in employment and so further reduce the burden on the State.

## **Benefits of the proposal**

4.2 Please set out the benefits to the community that you consider will arise if the request is agreed to. This should include:- economic, regeneration, health, social wellbeing, environmental benefits; or how this will tackle inequalities.

*This section should explain how the project will benefit your community, and others. Please refer to the guidance on how the relevant authority will consider the benefits of a request.*

The number of clients has increased to 40. We are working with similar facilities in Inverness and Orkney to maximise the benefits of the HBOT to as many people as possible

Our mission is to give hope to families suffering from any disease or medical condition. We work hard to explore and illustrate the uses and benefits of HBOT. We aim for nothing less than sharing with the entire world the healing effects of HBOT and we strive to vastly increase access to oxygen therapy for those in need.

We believe that each patient is unique, with individual concerns and requirements. We take the time to assess your condition, discuss your

concerns and create a care plan tailored to your specific needs. We are always dedicated to your complete safety and utmost privacy.

It is our heartfelt belief that every patient and family should be treated with respect and kindness each time they visit. HBOT is absolutely safe when administered by our trained volunteers and it can even be fun and relaxing. We encourage you to read, nap, watch a movie, draw or play games while undergoing treatment and don't forget to breathe deep!

### **Our vision**

We envision a world that understands and benefits from the healing effects of hyperbaric oxygen therapy. Researchers, patients and fellow physician's around the globe already use hyperbaric oxygen therapy as an essential first step in caring for many medical conditions. Although the NHS has yet to consider some of the uses for HBOT as "on-label", studies that are more rigorous than the NH'S own requirements have shown significant improvement for conditions such as autism, cerebral palsy, multiple sclerosis and stroke recovery. Many professional athletes and sports teams utilize HBOT for training and injury recovery and hospitals everywhere regularly treat burn victims with HBOT sessions. A quick search on YouTube reveals many personal stories, some of which we have shared here.

While it's clear that millions of people are catching on to the benefits of HBOT we still have a long way to go to see that everyone who needs oxygen therapy has access to it.

By transferring the Building to ARMS (shortly to be renamed MS Therapy Centre Wick) we will be gaining the independence needed to seek support from all sectors but especially the Private Sector.

With the development of the Offshore deep sea Oil Industry ARMS sees that this is an opportunity for the future in servicing the needs of deep sea Divers.

There are also opportunities to work with other third sector partners such as the Pultney Town Peoples Project who could use the building if it were brought up to modern standards.

## **Restrictions on use of the land**

4.3 If there are any restrictions on the use or development of the land, please explain how your project will comply with these.

*Restrictions might include, amongst others, environmental designations such as a Site of Special Scientific Interest (SSI), heritage designations such as listed building status, controls on contaminated land or planning restrictions.*

The location is in Pultney Town and the site is not open for general development.

## **Negative consequences**

4.4 What negative consequences (if any) may occur if your request is agreed to? How would you propose to minimise these?

*You should consider any potential negative consequences for the local economy, environment, or any group of people, and explain how you could reduce these.*

We recognise the need to have a business model that will allow the Centre to run sustainably and are taking advice from Caithness Voluntary Group. This will include how to generate income and increase the number of volunteers

## **Capacity to deliver**

4.5 Please show how your organisation will be able to manage the project and achieve your objectives.

*This could include the skills and experience of members of the organisation, any track record of previous projects, whether you intend to use professional advisers, etc.*

MS Therapy Centre Wick is working with Just Enterprise on a Business Plan which will address these challenges

## Section 5: Level and nature of support

5.1 Please provide details of the level and nature of support for the request, from your community and, if relevant, from others.

*This could include information on the proportion of your community who are involved with the request, how you have engaged with your community beyond the members of your organisation and what their response has been. You should also show how you have engaged with any other communities that may be affected by your proposals.*

ARMS work with a number of other user groups and these include: **{INCLUDE LIST HERE}**

**Parkinson's Society**

**ME Groups**

**Heart and Stroke**

**Cerebral Palsy**

**Chronns**

**Fibromyalgia**

**MS Society**

**Sports Clubs**

**And any other immune related conditions**

## Section 6: Funding

6.1 Please outline how you propose to fund the price or rent you are prepared to pay for the asset, and your proposed use of the asset.

*You should show your calculations of the costs associated with the transfer of the land or building and your future use of it, including any redevelopment, ongoing maintenance and the costs of your activities. All proposed income and investment should be identified, including volunteering and donations. If you intend to apply for grants or loans you should demonstrate that your proposals are eligible for the relevant scheme, according to the guidance available for applicants.*

The MS Therapy Centre ( ARMS) will continue to be used to provide hyperbaric oxygen treatment and after refurbishment it is intended to become a Drop-in Centre for anyone needing help and support. We will be applying for funding to refurbish the building from Beatrice, Lottery, Highland Leader, and Robertson Trust .On receipt of complete costing from recognised builders we will know which fund will be the best for us to approach.

We have managed to keep the centre open and running for the past 20 years through donations. Charity events. Quiz nights. We have no salaries cost at present but have utilities, oxygen and insurance costs. We run with volunteers. We charge for dives.

## Signature

Two office-bearers (board members, charity trustees or committee members) of the community transfer body must sign the form. They must provide their full names and home addresses for the purposes of prevention and detection of fraud.

This form and supporting documents will be made available online for any interested person to read and comment on. Personal information will be redacted before the form is made available.

**We, the undersigned on behalf of the community transfer body as noted at section 1, make an asset transfer request as specified in this form.**

**We declare that the information provided in this form and any accompanying documents is accurate to the best of our knowledge.**

Name

Address

Date

Position      Treasurer/Secretary

Signature

Name

Address

Date

Position      Chairperson

Signature

## Checklist of accompanying documents

To check that nothing is missed, please list any documents which you are submitting to accompany this form.

### **Section 1 – you must attach your organisation’s constitution, articles of association or registered rules**

Title of document attached:

The Companies Act 1985 Memorandum of Association of North of Scotland Friends of ARMS

### **Section 2 – any maps, drawings or description of the land requested**

Documents attached:

### **Section 3 – note of any terms and conditions that are to apply to the request**

Documents attached:

### **Section 4 – about your proposals, their benefits, any restrictions on the asset or potential negative consequences, and your organisation’s capacity to deliver.**

Documents attached:

### **Section 5 – evidence of community support**

Documents attached:

### **Section 6 – funding**

Documents attached:



